

Guardian

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MNB (EAST) ***Change of Command***

The gateway to the MNB (East) mission in Kosovo



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PHOTO BY SPC. LYNETTE HOKE

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PHOTO BY SPC. ALICIA DILL

On the Cover:

COVER PHOTO BY SGT 1ST CLAS BOBBY GRISHBY

Brig. Gen. John S. Harrel the incoming commander of MNB (East) receives the NATO colors from Lt. Gen. Yves de Kermabon, commander of Kosovo Forces, during a change of command ceremony held at Camp Bondsteel.

Leaders Notes

By Brig. Gen. William H. Wade II

More than six months ago, I came to Kosovo as the leader of a team of dedicated Soldiers – mostly volunteers – men and women, all professionals – committed to the cause of maintaining peace and stability in the Balkans.

Upon arrival, I found an existing team of enthusiastic, hardworking and devoted individuals – local and international municipal leaders and government officials; religious and community leaders; local and international police officers; non-governmental organization leaders and workers; and of course fellow peacekeeping Soldiers from thirty-three other nations – all equally committed to the same common goal of moving Kosovo forward in a calm, stable, and peaceful manner.

All the members of the international team were sent here to assist the people of this region, in one way or another, with the rehabilitation of Kosovo. A rehabilitation that did not begin with our arrival and one that does not end with any of our departures. As we all know, Kosovo is a work in progress and each of us are but temporary stewards of the international community's continuing commitment to seeing this mission through to a calm and stable end.

Together we have accomplished much during the last six months. Not only have we maintained a safe and secure environment, we have also continued the hard, oftentimes frustrating, work necessary to keep Kosovo on a path toward a better future for all its inhabitants.

Regional and local governments are working to expand infrastructure and provide services to all the people of Kosovo. Businesses are expanding, building and growing to provide services to their communities. The people of Kosovo are supporting the freedom of movement, working together on promising returns projects, and investing in a lifestyle of compromise and tolerance for all ethnicities.

Serving as the commanding general of Multinational Brigade (East) has truly been the highlight of my military career. It is an experience that I will not soon forget. The hospitality, appreciation, and respect shown to my Soldiers and I by the people of Kosovo is something that will stay with me always.

To the Soldiers of multinational brigade east with whom I've served for these last 12 months I say to you ... thank you! Thank you for your dedication to duty, your commitment to excellence, and above all your adherence to the universal army values which have served as the cornerstone of our mission success ... loyalty, duty, respect, selfless service, honor, integrity, and personal courage...these are the values I asked you to live by...these are the values I said would guide us through challenging times...and these are the values I asked you to show to all the people of Kosovo. If you remember nothing else of our time together, remember this...in every decision you make, in every action you take, and in every person you encounter...rely on these values to guide you through.

My duty in Kosovo has come to an end. It is now time for me to return to California and assume new responsibilities. I depart knowing that I did my best to leave this place a little better than I found it. I came here with high hopes and great expectations. I came here determined to do my part to help all the people of Kosovo continue moving forward toward a brighter future.

I leave here a little wiser and more humble than when I arrived. I leave here a better person and a stronger leader for having been a part of maintaining peace and stability in Kosovo. I leave here secure in the belief that Kosovo's future is bright and full of hope as long as all the people of this region continue to work together to bring peace and prosperity to all.

Multinational Brigade East – six nations, one purpose: peacemakers! ■



Guardian

Produced for Personnel of KFOR Multinational Brigade (East)

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Quicktime

U.S. Army lends technical assistance

Hollywood and the Army continued their cooperative association with the making of the film "The Great Raid."

Set in the Philippines near the end of World War II, "The Great Raid" tells the true story of the rescue of 500 Prisoners of War by the 6th Ranger Battalion and Filipino guerrillas.

Infiltrating 30 miles behind Japanese lines, the Rangers risked everything to save men imprisoned for almost three years at the infamous Cabanatuan Japanese POW camp.

To provide an accurate portrayal of events, the film makers reached out to the Army for technical assistance.

"We reviewed the script for accu-

racy and gave advice on things unique to Army language," said Maj. Todd Bresseale, Army Public Affairs, Los Angeles, Calif.

However, the Army support went well beyond advice on language. David Cole of the U.S. Army Center for Military History worked as the historical and technical advisor for the film. "My reviews covered historical accuracy in the storyline, appropriate military action and in some cases for continuity," said Cole.

According to Cole, some of the in-depth technical information included the types of U.S. and Japanese weapons and equipment, uniforms and the specific color of paint used on equipment.

Even the actual 6th Ranger stationary letterhead and maps carried during the raid were duplicated.

Cole also helped locate the four surviving P-61 aircraft from World War II and provided specifications on U.S. Army Branch and rank insignia used in the southwest Pacific Area in World War II.

There were also several procedural points that took persuasion.

"It was difficult to get across the concept that privates don't hang around with officers," Cole said. "I still had to convince people that first sergeants do not 'take the point' during the march."

Hollywood can't be expected to

Assistance continued on page 23

Sleep loss affects Soldier readiness

Like food, water, and air — sleep is a necessity. When Soldiers don't get enough sleep, performance suffers and everyone is put at risk.

When troops don't get enough sleep, the ability to judge the impact that sleep deprivation has on their abilities is diminished and performance decreases.

Sleep deprivations may lead to...

- falling asleep at the wheel causing a vehicle roll-over
- administering the wrong medicine or the wrong dose
- failing to recognize a threat or reacting too slowly to it
- transposing digits while entering coordinates into a fire-control system

A sleep-deprived Soldier may make bad tactical decisions. The bottom line is that sleep deprivation can get personnel killed.

Sleep Deprivation effects a Soldiers quality of work.

The longer they go without sleep, the poorer their performance on any number of tasks. In general, a person can sustain normal performance without noticeable impairment for about 16 hours after waking up. After 16 hours

without sleep, there is a noticeable decrease in quality. After being awake for 24 hours, the reaction time is worse than being legally intoxicated. After 28 hours without sleep, performance becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

Sleep Management

To sustain performance over the long haul, Soldiers need at least six and preferably seven to eight hours of sleep in 24 hours. Soldier performance will degrade over time with less sleep than six hours. Getting four to six hours of sleep every 24 hours will keep troops in the amber zone. The amber zone is where the risk for mission critical errors is increased, but still at acceptable levels for periods of up to several weeks. Getting less than four hours of sleep will keep Soldiers in the red zone. It is where the risk for mission critical errors is unacceptably high.

Sleep doesn't have to be continuous. It is preferred that Soldiers have uninterrupted sleep time, several shorter rest periods that add up to six to eight hours is adequate. ★

Tips for sleep management for leaders

- Develop a unit sleep management program that gives Soldiers at least six and preferably seven to eight hours to rest out of every 24.
- Troops trying to sleep during the day require longer (or more frequent) opportunities to rest to compensate for the body's normal reaction to sleep cycle disruption.
- Try not to put Soldiers in a position where they must choose between sleep and something else they would enjoy.
- Arrange rest schedules that give Soldiers opportunities to sleep at a consistent time.

If sleep loss can't be avoided...

- Use caffeine — drink the equivalent of two cups of coffee (~200 mg of caffeine) every two to four hours.
- Caffeine use as described above will help maintain performance even in the face of moderate sleep loss.
- Remember...sleep is a necessity. Your performance begins to suffer as soon as you start losing it.
- If you are struggling to stay awake, then your ability to function is already impaired.

Story and photos by Sgt. 1st Class John Makamson

Two-day sports challenge



Some MNB (East) units have a working partnership unit within the Kosovo Protection Corps. This gives them an opportunity to interact with each other in a different atmosphere

Maj. Sefer "Doc" Isufi, Protection Zone 6, Headquarters, Kosovo Protection Corps, catches a fast break while moving the soccer ball up the field. Isufi and other competitors participated in the sports challenge held recently in Ferizaj/Urosevac.

Soldiers from Multinational Brigade (East) recently competed in a two-day sports challenge to help promote cooperation and strengthen relationships between the partnership units of KFOR and the Kosovo Protection Corps (KPC). The tournament was held in the city of Ferizaj/Urosevac at the 106th Logistics facility of the KPC.

The competition was composed of three sporting events: volleyball, basketball and soccer. The event was designed to be a six-team bracket competition for each sporting event. Each bracket was set up as a single-elimination tournament, with the teams taking turns as to who got the two byes, or the opportunity to automatically move to the second round.

The teams were comprised of members of Multinational Brigade (East), the Kosovo Inspectorate Kosovo Protection Corps (KIKPC), liaison officers, and their partnership units from KPC. The teams were mixed, meaning there were both KFOR and KPC members participating together on one team, against the other partnership units. Mixing teams was highly encouraged so that teams would intermingle and form stronger friendships.

"Each Task Force has a working partnership unit within the KPC. This gave them an opportunity to interact with each other in a different atmosphere," said 2nd Lt. Mark A. Correa, deputy

chief, KIKPC, Multinational Brigade (East).

The mixed teams were made up of the following combinations: KIKPC MNB (East), Protection Zone (PZ) 6 Headquarters and Inspectorate; Task



(Above) Athletes compete in a basketball game. (Below) 2nd Lt. Mark A. Correa and Capt. Ahmet Aliu presents awards to participants Maj. Sefer "Doc" Isufi and Artur Shehu.



Force Sidewinder, Protection Battalion (PB) 364 and Communications; Task Force Tornado and PB 363; Task Force Hellas, 106th Logistics (LOG) and PB 361; Task Force POLUKR, PB 362 and 36th Engineers; and Task Force Dragoon, and 16th Guard and Rapid Reaction.

Teams were awarded points for each sporting event they won. The team with

the most points compiled between all three events was declared the overall winner.

The Director of Sports and Culture, Capt. Ahmet Aliu, a Civil Affairs officer for the KPC, and Correa teamed up to make the event possible. Correa said he is hopeful that a soccer tournament in the autumn would be possible.

"We have played soccer in the past with previous rotations of Multinational Brigade (East). We were invited to Camp Bondsteel and played there," said Aliu.

"This time we invited KFOR to come to play here in Ferizaj."

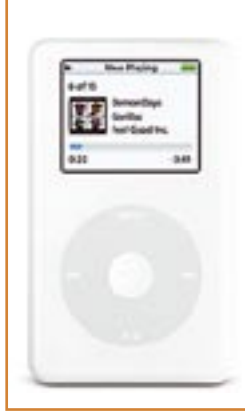
"We have a really good working relationship with MNB (East) and events like this help keep our friendship strong," said Aliu.

During the event, rain showers fell periodically, but this did not dampen the participant's spirits.

In the end, Task Force Hellas, 106th LOG and PB 361 team won the basketball tournament. The Task Force POLUKR, PB 362 and 36 Engineers won the volleyball tournament. The PZ 6 Headquarters and KIKPC team were awarded first place overall, with the PB 362, POLUKR, and the 36th Engineers team placing a strong second.

All the competitors showed teamwork and sportsmanship, which made all participants in the sports challenge a winner. ★

MP3 Players, which one is right for you?



Examining three of the most popular MP3 players that the Post Exchange stocks, provides a few tips to help determine which player is right for you.

MP3 players let the user carry a lot of tunes in a small convenient package. (Top left) Pictured are the iRiver iFP-1090 256 MB, (Right) iPod 20 GB model, and the Rio Forge 512 MB Sport (bottom left).

Sometimes Soldiers are caught tapping their foot to the beat of their favorite song playing inside their head. Instead of fiddling to find a CD and searching for the walkman, some people choose to reach for their palm-sized MP3 player.

Examining three of the most popular models that the Post Exchange (PX) stocks, provides a few tips to help determine which player is right for you. The players discussed are the iPod 20 gigabyte (GB) model, the iRiver iFP-1090 256 MB, and the Rio Forge 512 MB Sport.

The 20GB Apple iPod is an MP3 player that uses an internal hard drive with a capacity of roughly 5,000 songs. It weighs 5.6 ounces and syncs with Apple iTunes for the Mac or for Windows. The iPod can also hold thousands of photos and synch with your address book. The iPod uses one rechargeable battery pack that offers approximately five hours of use and takes about five hours to recharge. It connects to your computer via firewire or USB 2.0 cable for blazing fast data transfer rates.

Sounds good, but what does this mean?

The iPod has a large capacity for storing data, music and picture files alike. This device is designed for the serious music enthusiasts who want the option of carrying their entire music library where ever they go.

However, because this device has an actual hard drive, I would not recommend taking it to the gym or on jogs through the park. Hard drives have two moving parts which, when subjected to shock or vibrations, could lead to ruining the listening experience and possibly the device itself.

Secondly, the iPod 20 GB model isn't the smallest of devices and could be considered a bit bulky for those who prefer wearing their media player on an arm band.

Next, we have the iRiver iFP-1090. This device is an MP3 player, FM radio, voice recorder and digital camera, all built into a reasonably-small, prism-shaped case. This player offers 256MB of flash memory which is enough for about 100 MP3 formatted songs or 4,000 photos at a pixel resolution of 640x480. It relies on the sync software provided to rip CD's and download music from your computer hard drive, but does so at the USB 1.1 data transfer speed. The iRiver offers a whopping 30 hours of battery life using only one AAA battery and comes with a nice leather carrying case.

For a person with a more vigorous lifestyle, a media player that uses flash memory to store music has distinct advantages over a player that uses a hard disk. Simply put, flash memory players have no moving parts, meaning you can take them jogging and your

music won't skip.

Another thing to consider is the battery life of a media player. As you can see, there is a tremendous difference in the battery life of these devices, so make sure the player you choose best fits your style of use. Data transfer rates can also pose another factor in the decision-making process. Just remember devices that use USB 2.0 or firewire, transfers data very fast versus devices using the painfully slow transfer rates of USB 1.0 or 1.1.

The Rio Forge Sport is another flash player whose name alone should give you a clue as to who the targeted consumer is. This player has 512MB of internal memory, stores up to 16 hours of music and is upgradable up to 1.5GB of memory using SD or MMC memory cards. It integrates a protective rubber grip with a stainless steel face plate for added durability and has up to 20 hours of battery life using one AAA battery. It includes Sport Clip earphones and a case with an armband. It has a built in FM radio with an FM Record feature that lets you record radio content and listen to it later. The player has a five band equalizer and uses USB 2.0 for data transfer.

In conclusion there are tons of media players available today, some designed for those who suffer from techno-lust and some geared toward the athlete.

MP3 continued on page 23

Friendship: Practice makes perfect

The planning and execution of this event was not entirely done by KFOR. Serbian and Albanian community leaders understood the value of events like this and got involved.

Four youths take part in a friendly game of foosball while attending a multi-ethnic youth event at Camp Monteith.



Is it possible for enemies to become friends? That question can be answered by simply browsing through the history of the United States of America. A number of former enemies are now close allies and dear friends to the people of the United States. From our own revolt against Great Britain, over 200 years ago, to the end of the Cold War with the Soviet Union, enemies have become friends.

In June President Bush sat with the Vietnamese Prime Minister Phan Van Khai, and declared the United States had become Vietnam's number one trading partner and an ally in the war against global terrorism.

Enemies do not become friends without forgiveness, tolerance, and practice. On a Saturday afternoon at Camp Monteith, 22 Serbian and Albanian young adults met to play basketball, throw darts, and practice the art of friendship.

"It was a multi-ethnic youth event that involved Serbian and Albanian young adults," said Spc. Gregory L. Parker, a member of the Gnjilane/Gjilan Liaison Monitoring Team (LMT). "Our LMT is trying to bring together Serbian and Albanian youths so they can see that it is possible for them to get along."

The LMTs act as the eyes and ears of KFOR on situations that are happen-

ing in their respective communities.

"By interacting with the public and the municipality on a daily basis, we are in a better situation to understand what is happening and should be able to sense if a bad situation comes and be able to notify the right people to react to this," said Maj. Peter Barajas, Officer In Charge for the Gnjilane/Gjilan LMT.

"This youth group event was planned during 6A's rotation and it has taken six months to get it together based on other events that were happening in our area of responsibility (AOR)," said Barajas.

The planning and execution of this event was not entirely done by KFOR. Serbian and Albanian community leaders understood the value of events like this and got involved.

"Albanian residents from Zegra/Zhegra decided to start a cooperative effort for internally displaced persons (IDPs) that were returning from Budruga," said Muhamet Haliti, the CEO of non-governmental organization (NGO) Dardanica in Zegra/Zhegra. "We wanted to conduct some joint activities that would improve relations between our two communities."

The event at Camp Monteith included basketball, volleyball, darts, pool, and foosball. Teams were made up of Albanians, Serbians and Americans alike. The young adults from the two communities found the event to be an

eye-opener by allowing them to see each other from a different perspective.

"It shouldn't matter what ethnic community you come from," said Nadica Pavic, a resident of Donja Budruga/Budruga E Poshtme. "The important thing is that you are a person."

"I think with activities like this we can accomplish some big things," said Alban Rrahmani, a resident of Zegra/Zhegra. "Everyone is communicating with each other and we appreciate what KFOR is doing to help."

This was the first multi-ethnic event for youth held at Camp Monteith and the word spread quickly throughout the communities.

"For the locals, it is a big deal for them to come on post," said Barajas. "Multi-ethnic youth groups are a priority for us and this Zegra/Zhegra multi-ethnic group has been working together and attending various events."

After evaluating the response from communities, the Gjilan/Gnjilane LMT concluded the event was a success.

"This event has had a significant impact on the surrounding area," said Parker. "We are hearing from patrols that other communities like Partes/Partesh and Crnica/Cernica would like the LMT to arrange the same event for them."

Haliti agreed with Parker that the opportunity was a success and building



(Above) Spc. Anthony Mungarro, a team member with the Kamenica/Kamenice LMT, takes part in a basketball game, while (below) Spc. Gregory Parker, a team member with the Gnjilane/Gjilan LMT, briefs the participants of the multi-ethnic youth event held at Camp Monteith.

trust and friendship between the two ethnic groups was not only possible, but necessary.

"I think others should be able to learn from our activities," said Hali-ti. "We need a system in place that allows rights for everyone regardless of ethnicity or religion."

Building friendships with former enemies is a part of American history. We have learned it does not happen overnight and when friendship and trust are the goals, a lot of hard work is going to be involved. Developing trust where there was once fear requires practice and produces results.

"They can see each other on the street and not be afraid because they can remember playing darts or basketball together," said Parker. "More importantly, they remember that they were able to get along." ★



What makes the Army: Soldiers

Having his parents deployed at the same time he is on his first deployment, brings new experiences for a Multinational Brigade (East) Soldier.

Spc. Paul Roath, A Company, 1-635th Armor Battalion, Task Force Tornado, takes a breather during his duties at a vehicle check point near Prizren.



For most Soldiers there is something or someone that makes them proud to be in the United States Army. Spc. Paul Roath, A Company, 1-635th, Armor Battalion from Hutchinson, Kan., finds his source of pride from family tradition.

"What made me proud was that my mom and dad showed up to my basic graduation at Fort Sill, Oklahoma, in uniform," said Roath. "That was really cool; I didn't expect them to show up in Class Bs. Having them show up as ranking military members meant a lot," he said.

Something unique about Roath's situation is both of his parents are currently serving on active duty in Iraq.

"I was really supportive about my parents going, they both volunteered for it," said Roath. "In the beginning, when we were training at Fort Lewis, Washington, it was kind of hard. I was at that stage when I started thinking of all the stuff that could happen to my parents."

"It made me see how the other side would be able to attack us," he said. "I was away from both of them and didn't know what was going on. The training schedule kind of hindered the communication between us."

Roath deals with the demands of his own job and knows about the dangerous situations that his parents could

face.

"My mother is in charge of medics and she goes out on patrols all over the place. My father is a first sergeant, so he is usually restricted to base," said Roath. "They actually have gotten to see each other occasionally because my mother's job takes her all over Iraq."

Having his parents deployed at the same time as he is on his first deployment has helped Roath to adapt to some lifestyle changes.

"Me being here and my parents being over there helped me adapt to change," said Roath. "My dad wasn't supposed to deploy, but adapting to that change has enabled me to keep everything in a positive light."

Despite the fact that his parents are in Iraq, Roath is happy with his first deployment experience.

"I think Kosovo is a good first deployment for me," said Roath. "I just graduated last May from high school, so this would be a good place to find my independence. It's has some stress, but I'm not worrying about everything. I think it's easier for my parents because I am here versus me being in Iraq."

Communication is essential for Roath to keep in contact with his parents.

"Compared to deployments in the past, World War II, and so forth, I think the military has kept up with

technology to try and improve the communication lines for military members," said Roath. "This has made things easier for the Soldiers. I think it's awesome that they help people communicate with loved ones wherever they are. I personally instant message my dad a lot from here", he said. "Since they are only a couple hours ahead of us in Iraq, it's easy to try and find him online."

Knowing what his parents are going through, Roath is grateful for his current situation in Kosovo.

"Everyone complains and everyone needs to vent," said Roath. "I have heard some people complaining about things that are so minor. People complain about internet service, but I know in Iraq the lines are long and the connection is not good. I know my mother just got to move into a connex versus a tent just a month ago. So when I hear someone griping about a broken air conditioner, it kind of makes me think they are naïve."

Roath is making sure that he betters himself during this deployment in Kosovo. He knows he may not get a chance like this again to take advantage of so many career advancement opportunities.

"I think people should use this time in Kosovo to better themselves academically, financially and to expand



(left) 1st Sgt. Frank E. Roath now stationed with the 27th Brigade Combat Team, Camp Anaconda, Iraq, shakes his son's hand during his basic training graduation day. (right) Sgt. Suzanne Roath, 891st Engineer Battalion, deployed to Iraq, poses with her son shortly before she was deployed.

their horizons about other cultures," said Roath. "I think people should not get so concerned with the day to day stuff. Every deployment will have its down side, but a lot of the people in the world will not be afforded the opportunity we have here. I only hope that when people look back at this deployment a year from now, they will see we did a good thing here."

Roath adapts to every situation that this deployment throws at him, both good and bad.

"An interesting thing for me on this deployment, I think I am one of the youngest people on this deployment," said Roath. "It is kind of interesting. Now having to live and work with people outside of my normal comfort zone is an interesting adaptation. It is kind of awkward sometimes, some of them

have college, some of them are married. It is different because I'm not on that same page in my life. Give me about four years and I maybe I will," he said.

Dealing with his parents deployment, his own deployment, and the lessons learned while deployed, stretches his comfort zone.

"I think I got a jump start on what the real world is like," said Roath. "I think the experience here will set me up by being more squared away when I come back and start school again. I think by staying with people much older than me and with more experience has made me more capable to make the right decision and instead of being with the same age group and having to travel a rough road and making the same mistakes," said Roath.

"I think I have grown up a lot

because of these people," he said. "I have learned a lot of about life and a little more about how to navigate it. I'm more of going out and being on my own after this deployment. It has forced me to grow up and be more independent. They have more experience than I do. It has been really nice to learn lessons and maybe be prevent mistakes," he said.

Task Force Tornado's deployment to Kosovo almost didn't include Roath. The 1-635th picked him soon after he completed training.

"I am really thankful that this unit picked me up," said Roath. "I am really happy that I got this opportunity. My peers back home will have gained something by having to gone to school for a year, but not in the same way I have

Roath continued on page 23

PLDC Soldiers





(Left) Sgt. Bonnie Williams, 1207 United States Army Hospital, Task Force Med Falcon, Sgt. David Shilke and Sgt. Bradley Millikan both members of 104th Aviation, Task Force Shadow move tactically to set up a mock flash vehicle check point at Camp Bondsteel.
(Top) Cpl. Ryan Kearns, 1-160th Infantry, Task Force Sidewinder and Spc. Daniel Austin, 37th Bridage Combat Team, Task Force Falcon plot their route of movement to their mission.

Story and photos by Spc. Lynette Hoke

After the promotion to sergeant, is a Soldier really fit to be a leader? What makes a Soldier a leader? Is it a college education? Is it being proficient at all your tasks? Is a leader born or made?

Recently at Camp Bondsteel, six Primary Leadership Development Course (PLDC) sessions have started. The first class graduated on July 26th and the classes will run through the first week of December. All classes are full, and the waiting list of hopeful Soldiers to get into the class is long.

PLDC is a key in preparing military leaders with the tools and attitude they will need to be successful.

Each class consists of 54 students from Camp Bondsteel and Camp Monteith. The classes are taught by nine Small Group Leaders (SGLs)

from the training base at Ft. Indiantown Gap, Penn.

"I think PLDC is absolutely crucial in their development as leaders because things we teach them here won't necessarily make them leaders but they gain a system of tools and concepts and techniques to think about leadership and it will ultimately better what they do in that NCO position," said Staff Sgt. Andrew Frengel, PLDC instructor, 3rd Battalion, 166th Regiment.

"I think attending PLDC is just another stepping stone up through their rank structure," said Staff Sgt. Corey Antal, PLDC instructor, 3rd Battalion, 166th Regiment. "It allows them to get the basic leadership that they may not get in their unit or just to show them the next level up."

Favorite parts or more preferred

parts of the training program differed from Soldier to Soldier. Whether it is something they are already are good at or something they improved in during the program, all the troops will take away different lessons learned from the 14 days of training.

"The highlight of my training has been the fact that my platoon has pulled together and we have been pulling together to make it through the training," said Spc. Dustin Randolph, B Company, 1-635th Armor Battalion, Task Force Tornado. "I personally was nervous about the land navigation course. Overall, I think everybody is nervous when it comes to PLDC, but once you get out there and start training, it is all right," he said.

"The part of training that I thought was most interesting was getting out



(Above) Spc. Myshea Britt, Ground Ambulance Team, Task Force Med, and Spc. Robert Kirk, 1-635th Armor Battalion, Task Force Tornado, discuss a course of action after enemy movement was spotted.

(Top right) Sgt. Bradley Millikan, C 104th Aviation, Task Force Shadow, and Spc. Melvin Santos, 270th Military Police Company, Task Force Dragoon, perform pre-combat inspection on the squad automatic weapon (SAW).

(Middle right) Cpl. Dustin Randolph and Spc. Robert Kirk both members of 1-635th Armor Battalion, Task Force Tornado, talk to Staff Sgt. Corey Antal, PLDC instructor, about the events that occurred during the mock mission at Camp Bondsteel.

(Bottom right) Spc. Robert Kirk, 1-635th Armor Battalion, Task Force Tornado, Spc. Bonnie Williams, Nurse, Task Force Med; and Sgt. David Shilke Headquarters, Headquarters Company, 1-104th Aviation, Task Force Shadow, respond after their vehicle check point was ambushed during a training scenario.

here in all these bushes and just learning tactics, it is great," said Sgt. Bonnie Williams, Nurse, 332nd Medical Brigade, Task Force Med Falcon.

The SGLs from Pennsylvania enjoy the break from their regular home station as well. Coming to Kosovo gives them a chance to train National Guard Soldiers.

"This is my third trip to Kosovo to teach PLDC," said Frenkel. "I've been around the United States in different locations and teaching what we call

mobile training teams of PLDC.

"It's nice working with the deployed Soldiers because they seem to be a little bit more tactically proficient because they are out there doing these types of things day in and day out. They seem to be a little bit more physically fit as well. Again from the units running physical fitness programs daily," he said.

There are some things that Soldiers struggle with during the course, but

PLDC *continued on page 23*





(Top) Spc. Bryon Smith and Spc. George Chapman both members of the 1-635th Armor Battalion, Task Force Tornado return fire after being ambushed during a training scenario.

(Right) Spc. Myshea Britt, Ground Ambulance Team, conceals herself in the underbrush, while awaiting the signal to execute an ambush during a field training exercise.



TOP COP MEETS WITH SMOKING GUNS

Story and photos by Spc. Alicia Dill

The Provost Marshal General and the Commanding General, United States Army Criminal Investigation Command, paid a visit to Soldiers of the 40th Military Police Company at Camp Bondsteel. These are two very important positions, but both are held by the same man, Maj. Gen. Donald Ryder.

During his brief stay in Kosovo, Ryder took the opportunity to speak with the military police officers on some issues facing the force.

"On a deployment, you never know what is going to happen," said Ryder. "This is an unsafe world and we are still fighting the Global War on Terrorism."

Ryder also reminded the officers of the importance of strong leadership.

"It is important for the leaders of the Soldiers who suit up everyday, who get in those vehicles and go on the missions are paying attention to what is going on," he said. "It is a whole battle buddy syndrome and your Soldiers have to understand that."

He also continued with advice to the military police officers from his experience in Washington D.C.

"The leadership in the Army sees the value of military police in their structure and military police in their formations, it's the old story, first in, last out," Ryder said. "The force to put in there (stability and reconstruction operations) is military police because of their law enforcement skills and how they deal with people everyday."

Another challenge Ryder addressed is the constant demand of deployments for military police units.

"As we go through the next five years we are going to grow the force around 62,600

Soldiers, across all components," he said. "We have to recruit them, get them in school and then get them in the organization. The growth is there, but it will take a while."

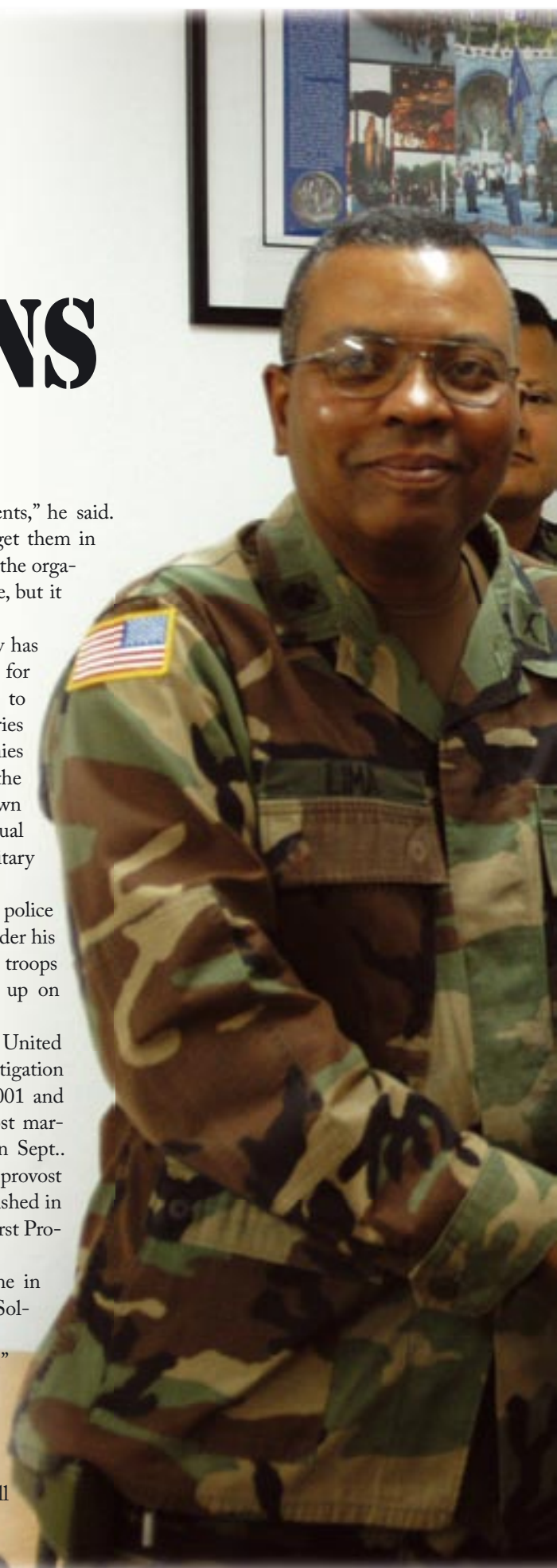
Something else the Army has done to supply the demand for military police officers was to transform field artillery batteries into military police companies and train everyone from the company command on down with the Advanced Individual Training portion of military police school, said Ryder.

With plenty of military police leadership and experience under his belt, Ryder continues to visit troops around the world to check up on them and their missions.

Ryder has served as the United States Army criminal investigation commander since June 5, 2001 and was designated as the provost marshal general of the Army on Sept. 26, 2003. The position of provost marshal general was reestablished in 2003 with Ryder being the first Provost Marshal since 1974.

Ryder closed out his time in Kosovo by encouraging the Soldiers to stay green.

"We are doing very well," he said. "You have got to hang with us and you can't leave the force, it is going to take us awhile to grow the rest of the force but we will work through it."





Lt. Col. Julio Lima, Brigade Provost Marshal and Commander, Task Force Dragoon, presents Maj. Gen. Donald Ryder with a plaque, thanking the Provost Marshal General for his visit. (Right) Prior to the arrival of the general, Spc. Timothy King, 40th Military Police Company, is promoted to sergeant by 1st Lt. Eric Sharyer, 40th Military Police Company.

Assuming new duties

"This command has been the most challenging, most exciting, and most rewarding of any assignment of my 35 years in the military."

Story and photos by Spc. Lynette Hoke

The invited guests and assembled Multinational Brigade East Soldiers witnessed a number of firsts when Col. John S. Harrel, the outgoing MNB (East) Chief of Staff, was promoted to brigadier general and assumed command of the brigade during a promotion and change of command ceremony on August 21 at Camp Bondsteel.

According to outgoing commander, Brig. Gen. William H. Wade II, this was the first time an American officer was promoted to the rank of brigadier general in Kosovo.

Harrel was promoted by Gen B.B. Bell, U.S. Army Europe commanding general. Lt. Gen. Yves de Kermabon, Commander Kosovo Forces, also participated in the ceremony during the passing of North Atlantic Treaty Organization (NATO) colors between Wade and Harrel.

These changes became necessary after California Governor, Arnold Schwarzenegger appointed Wade as the adjutant general of the California Guard. Wade is expected to assume his new duties in September 2005.

"I leave command of MNB (East) with mixed emotions: I am excited about this new opportunity and challenge; however, the mission is not complete and I am reluctant to depart mid-course," said Wade. "This command has been the most challenging, most exciting, and most rewarding assignment of my 35 years in the military."

"I am both honored and humbled Gov. Schwarzenegger has asked me to lead the military forces of the State of California. I look forward to this opportunity to use my training and experience to continue to serve the people of this state and the nation," said

Wade. "I share the Governor's dedication to protecting public safety and making certain the California National Guard is trained, equipped and always ready to provide assistance whenever and wherever we are needed."

The Soldiers of MNB (East) will continue the mission and remember their time spent with Wade in the Balkans. From the lowest enlisted to the most senior officer, Wade showed himself as a personable and capable commanding officer.

"Brig. Gen. Wade is a decisive leader, solidly grounded in Army values and ethics, but he has a playful side to him, always willing to joke with Soldiers and put them at ease," said Col. Barbara Poole, deputy commander for support, Headquarters, Company, 40th ID, Task Force Falcon.

"General Wade is a very well grounded person, he's very easy going and very easy to talk to," said Sgt. Sherman Kee, Command Sergeant Major's Driver, 40th Infantry Division, Task Force Falcon. "General Wade even takes a little time for jokes and to kid around at times, but always keeping the Army values first. General Wade will be missed greatly."

"Brig. Gen. Wade is a man of the highest integrity. It is really nice working for someone that is fair and honest," said Lt. Col. Lisa Costanza, chief of personnel, Headquarters, Company, 40th ID, Task Force Falcon. "As his 'golly gee, G-1' I always appreciated his sense of humor."

Harrel is prepared to take Wade's place and the Soldiers in the brigade are ready to work under his command.

"Brig. Gen. Harrel will follow in the footsteps of Brig. Gen. Wade, so we know we are on the right path," said Poole. "We will be on the slide to home

plate, so that will keep us all motivated."

"Brig. Gen. Harrel is a long time friend and mentor. He has a no-nonsense approach to command," said Costanza. "I just hope he never takes me on a forced road march as I would pass out."

"I depart knowing that the brigade will be in excellent hands," said Wade. "Gen. Harrel has been an integral part of this mission since it began. He is precisely postured to assume command; he's up on all the issues, and he knows all the principals and key players. I am fortunate to have such a highly qualified successor," he said.

Wade's departure does not signal a reduction of the United States commitment to the mission in the Balkans; rather it is a reflection of the quality of Wade's character and leadership.

"General Wade is a man of integrity," said Schwarzenegger. "He's committed to guiding the National Guard through the challenges it faces while working to ensure the Guard is at its highest level of readiness and ability to respond to any emergency both at home and abroad," he said.

There are approximately 22,000 men and women serving in the California Army and Air National Guard. Of that number, 5,400 are serving on active duty in Iraq, Afghanistan, Bosnia, Kosovo, Guantanamo Bay and Egypt. Wade is preparing to leave the brigade and take on a bigger task as the adjutant general.

Wade will remember his mission in Kosovo as working with optimism and professionalism.

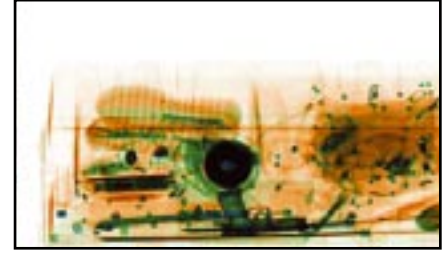
"Man for man and woman for woman, MNB (East) is by far the most professional and technically proficient force I have ever been associated with," said Wade.



(Top) Brig. Gen. William H. Wade II receives the 40th Infantry Division colors from Command Sgt. Major William Clark Jr. (Left) Gen. B.B. Bell, Lt. Gen. Yves de Kermabon, Brig. Gen. William H. Wade II and Brig. Gen. John S. Harrel prepare to pass and review the Soldiers of MNB (East). (Center) Wade receives the Legion of Merit and the Kosovo Campaign Medal for his service here. (Right) Sgt. Bernice Robinson, a member of the color guard, takes a break prior to the ceremony.

Proper mailing procedures for re-deployment

Story by 1st Lt. John R. Kaegi



(left) On registered packages, it is important the entire box is covered with brown packaging paper and sealed with brown packaging tape. This is so the post office can stamp your package with official seals to prevent tampering. (middle and center) All packages are put through an x-ray machine to prevent shipping of restricted items. Shown are two scans that detected a large 9mm replica cigarette lighter.

The Kosovo Forces (KFOR) 6B tour is approaching its end date and you will soon be getting ready to move into a smaller living space until the flight back to Ft. Lewis, Wash or your demobilization site. Before you haul the 29" television to the Post Office, you'll need to know some things about proper mailing procedures.

Packages cannot exceed 70 pounds or 130 inches in total girth. You can figure this by multiplying the height by two, plus width times two, and adding the length ($2 \times \text{height} + 2 \times \text{width} + \text{length}$).

Four key factors determine postal costs: the distance your package will travel, weight of your package, the time you want it to get there, and special services.

Soldiers are required to pay postage from New York City (NYC) to the final location. The further you are from NYC, the more expensive it is to ship. Your belongings should be packed in containers capable of supporting the weight of the items contained. Footlockers are a good option as they are sturdy and can support both the weight of the contents and the weight of other packages. Secure your packages with tape such as contact adhesive or strapping tape. Duct tape is not recommended.

There are three options for mailing packages home: priority mail, Space Available Mail (SAM), and media rate. Priority mail generally takes two weeks, SAM can take up to two months, and media rate is for items such as books, periodicals, and computer media.

Special services you can use during re-deployment include; registered, certified, and insured. Registered is United States Postal Service (USPS) white glove

service and is recommended for items valued over \$800, have irreplaceable value, need a documented chain of custody, and generally is the fastest service available in Kosovo. Registered packages must be covered with brown paper at the seams to allow postal service stamping, which prevents tampering. Certified provides confirmation that an item has been delivered, but has no insurance and cannot be combined with insurance. Insurance is recommended for items of value and can be used on both SAM and Priority mail.

All packages should have full send to and return addresses. Just because your mail clerk knows who you are, the next rotation and USPS need this to make sure your packages get there. With the exception of footlockers and duffle bags, only one side can be labeled with both the send to and return address. Return addresses should be in the top left and the ship to in the bottom right. They must be legible and should be readable from 40 inches away.

A USPS machine will scan and send the packages based on the lower right address, so if you reverse the addressing or make the send to address, small odds are it will return to KFOR for another tour of duty. Footlockers and duffle bags are the only items that should be addressed three times, one inside, one secured on the outside, and the third on a flight tag available from the post office. Anything other than paper requires a customs form. All items must include detailed descriptions with quantities, such as shirt, shoes, and pants. Labeling items such as 'clothes, personal items, and toys' are not acceptable, but the titles to all your CDs and DVDs are not required.

Items over 108 inches in girth are subject to an oversize charge and can only be sent via SAM. A 21inch TV from here to California is \$120.72 without insurance. We recommend finding a Soldier from KFOR 7 to sell your TV to, or look for space in the Connex. Minimize the number of packages when possible as we round up to the next pound in calculating shipping costs. Flat rate boxes are a good choice for sending smaller items to locations west of the Mississippi.

A list of prohibited items is available at the post office or on the USPS website (USPS.com). Some examples are war trophies, alcohol, glass bottles (empty or full) and aerosol cans.

Before you send off your TA-50, make sure you have a letter from your commander authorizing you to do so. If you're re-using a box, make sure to cover it up or completely mark out all markings, including the old address. This will prevent the package being mailed to an incorrect address.

We have some supplies available, but the Post Exchange or the dining facility are good options for larger boxes.

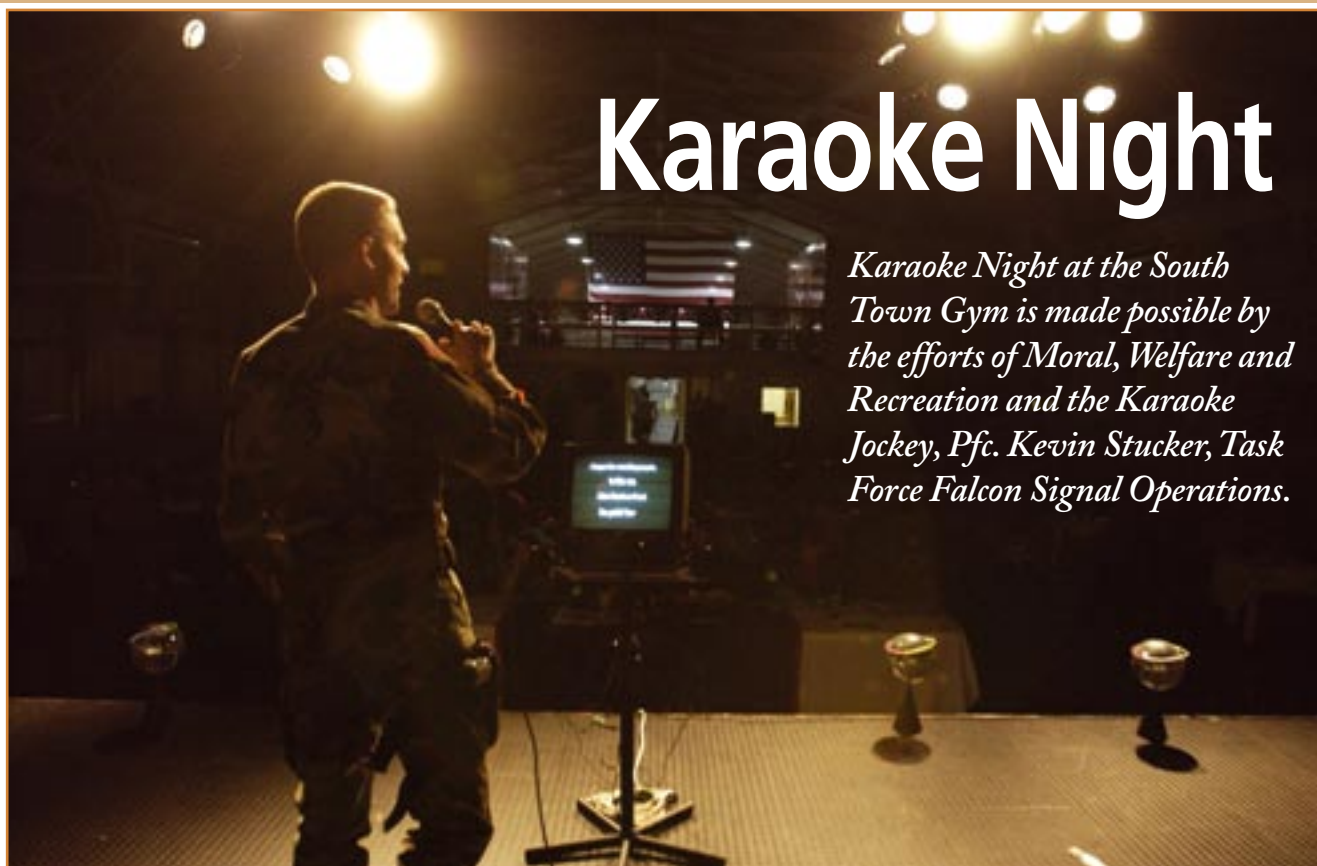
If you need assistance, the post office will be happy to help, but bringing your battle buddy can make life easier for everyone. Please prepare your items before you get to the post office. Mail transport is a contracted service and it's important to give yourself time to prepare your packages and complete your transactions before we close.

The post office accepts US currency, personal checks, and the Eagle Card. Finance and the PX are good options for getting funds before you arrive at the post office.



Sgt. Zamont M. Burton, a postal clerk, 925th Postal Det. 2, assists and weighs a package for Spc. Kayla M. Adams, D Company, 1-104 Aviation. There are three options for mailing packages home: priority mail, Space Available Mail (SAM), and media rate.

Story by Staff Sgt. Sara Maniscalco



Karaoke Night

Karaoke Night at the South Town Gym is made possible by the efforts of Moral, Welfare and Recreation and the Karaoke Jockey, Pfc. Kevin Stucker, Task Force Falcon Signal Operations.

Under the bright lights and with a live mic, a Soldier from Multinational Brigade (East) sings as he looks at the lyrics on the prompter.

Come on admit it, back home many of us have done it at one time or another. You get together with a group of friends, let your hair down, and find yourself on stage making a fool of yourself for the crowd to enjoy karaoke. Though many of the aspects are not the same as back home, the main idea is to relax and have fun.

Karaoke Night at the South Town Gym is made possible by the efforts of Moral, Welfare and Recreation and the Karaoke Jockey, Pfc. Kevin Stucker, Task Force Falcon Signal Operations. He volunteers his time one night a week to spin disks for those who wish to participate.

"It is a little bit of back home for them and Soldiers use this time to unwind," said Stucker. "It is a great way to relax and a place to go and not be judged. You can think in your mind, 'if I do well they are all going to clap, even if I do bad they are all going to clap anyway,'" he explained.

The applause from the crowd is what convinces most hesitant Soldiers to get on stage. Still others are content to sit and watch the show.

"I enjoy just sitting in the crowd and cheering on my friends. Even if you are not the one singing, it is still a lot of fun,"



Sgt. David Bautista, a military police officer, "does it his way" while singing an Elvis Presley tune.

says Sgt. Heather Dillwood, Task Force Falcon, Headquarters and Headquarters Company, Training Noncommissioned Officer.

Being a karaoke veteran, Stucker has also been known to perform for the audience. He understands the nerves that are involved in performing.

"I get embarrassed and feel like I am not going to do it right, but here, if I mess up, it does not matter."

Karaoke can be a way to escape the stresses of the week, whether you are a performer or just show up to support your friends from the audience.

"The more people there, the more fun it is. I come to karaoke because it is entertaining and there are people that can really sing. Everyone gets so enthused when they get up there they just really get into it," said Dillwood.

Task Force Falcon Soldiers can be heard belting out their favorite tunes every Saturday at the South Town gym at 8:30 p.m. If you would like to ask questions or have comments about karaoke, contact Pfc. Stucker at Kevin.Stucker@bondsteel2.areur.army.mil. ★

PLDC *continued from page 14*

motivation from the Soldier's peers and SGLs enable them to push through.

"A couple parts of the course they struggle with initially is the Army Physical Fitness Test (APFT)," said Frengel. "If they haven't maintained themselves in a physically fit condition prior to coming to the class, we will counsel them, and provide them with techniques to help better themselves by the time of the retest."

"Another area they often struggle in, is map reading and land navigation," he said. "Again, this time because they might not have seen this type of skill or task since basic training, and a lot of times the units rely heavily on electronic aids like Global Positioning Systems. They are not used to going back to the old way of doing it, so we will bring them up to speed, teaching them with the normal field manuals."

"Land navigation is the toughest one I think for the Soldiers, and I think because there's not a lot of time in guard units to instruct in land navigation because they only meet one weekend a month. That is the biggest area we spend time on," said Antal.

Some of the Soldiers have figured out what they will do with their troops when they return to normal duty.

"I will make sure we practice land navigation everyday, every hour – land navigation," said Williams.

"I think everybody needs to do more physical training in my unit," said Ran-

dolph.

"I would put more field time in and practice with troops I will have," said Spc. Jonathan Likens, D Company, 1-148 Infantry, Task Force Sidewinder. "There are a lot of NCOs and troops that are getting pulled to Iraq. A lot of NCOs are lacking field experience and they need to make sure that they and their troops are properly prepared."

"I think physical training is huge in PLDC and as being an NCO," he said. "It is important because you have to lead by example. If you can't walk up a hill, your Soldiers are not going to want to do it."

The SGLs may be tough on the surface, but overall their stern training attitude and helpful hand turns out to be what the students need.

"The instructors helped me while I was having problems with land navigation," said Williams. "I was able to ask them for help and not once did they turn their backs on me. They stood right beside me every step of the way."

"If it wasn't for my squad and my SGL supporting me, I probably wouldn't have graduated," said Williams.

"They helped us through everything," said Sgt. Hiten Patel, C Company, 1-160th Infantry, Task Force Sidewinder. "They teach us and they also try to make sure we know what we are doing. Any time we slip up, they are always there to help us out."

The SGLs understand the young

leadership of today's National Guard Soldiers need skills that will enable them to meet the challenges of the future.

"Probably the most important thing they can take away from this class is the concept of taking care of Soldiers through all the aspects," said Frengel. "This includes training them, providing for them, taking care of them, talking to them, counseling them and those types of things."

"When they become NCOs, everybody looks up to them," said Antal. "They need to lead the way."

Helping the students out during the class is a part of the SGL's job. Their mission is to ensure the students understand the role of an NCO and leave with skills which will improve their career.

"I didn't really know the roles and responsibilities of an NCO and it has really made me look up to those in charge of me," said Williams. "PLDC has made me listen more to other Soldiers. I feel stronger now and I feel like I can go back and do my job as an NCO."

"I have always had a good view of NCOs," said Randolph, "I've always wanted to be an NCO in the United States Army, and the NCO corps is the backbone of the Army."

Sergeants come and sergeants go, but leaders stay solid. PLDC does not guarantee promotion, perfection or proficiency but PLDC gives Soldiers the skills for effective leadership.

Roath *continued from page 11*

gained something by having been here for a year. I will have gained experience from being in situations they will never face."

Real life experience hit home for this specialist. From the welcome mat at his home in Kansas to his dusty boots in Kosovo, one Soldier is taking the best advantage of every step. ★

MP3 *continued from page 7*

Some players have a built-in voice recorder, FM recorder, digital camera or stopwatch, and some come with extra accessories like high-quality headphones, a belt clip, or an armband.

Because most of these features are included at no additional cost, make sure the device you choose is filled with these fun extras, fits your style of use, and meets your media needs. ★

Assistance *continued from page 5*

know every detail about the Army, officials said. They pointed out that's why the Army Public Affairs office in Los Angeles and the Center of Military History contribute an essential element to the accuracy of Army-based projects. It adds credibility to the film and provides an accurate and positive image of the Army to the American public, officials said.

The film makers can use the information or choose to ignore it. But, as seen with "The Great Raid," they reached out to the Army from the beginning to make the movie as accurate as possible.

"Fortunately, the crew that I worked with on this produc-



Lt. Col. Henry A. Mucci (left), commander of the 6th Ranger Battalion, confers with his personnel officer, Capt. Vaughn Moss. Mucci led the Jan. 30, 1945 raid on the Cabanatuan POW camp featured in the film.

tion were very professional and had a desire to 'do it right' for which I am very grateful," Cole said. ★



Parting Shots

PHOTO BY STAFF SGT R DAVID KYLE